

## **JULY/AUGUST MONTHLY SCHEDULE**

**Eastgate Senior Activity Center**

**5600 Brainerd Road**

**Chattanooga, Tennessee 37411**

**(423) 855-9444**

**www.chattanooga.gov**

**Monday – Friday 8:30am – 5:00pm**

**Saturday 8:30am – 1:30pm**

### **DAILY SCHEDULED ACTIVITIES**

#### **MONDAY:TUESDAY:**

Seniorcise Aerobics (9:00– 10:00 am) \$1/class      Blood Pressure Screening (10 – 11 am) FREE

Line Dancing (10:15) FREE Table Tennis (12:30 to 3:30 PM)

Senior Dance (1:00 - 3:00 pm) FREE Learn to Crochet (12:30 pm) FREE (September)

Tai Chi for Seniors (11:30 am) (Donation) mall

#### **TUESDAY**

Bid Wiz and Spades (12N )

Computer class (Beg 9:30 -11:30) September

Computer class /Int/Adv 12:30 – 2:30)

#### **WEDNESDAY:THURSDAY:**

Seniorcise Aerobics (9:15– 10:15 am) \$1/class      Tap (10:00 AM) (Donation)

Line Dancing (10:15) FREE Bowling at Holiday Bowl (1 pm) \$5.50/3 games

Table Tennis (12:30 to 3:30 PM)      (must mention red-headed pins to get discount)

Table Games and Puzzles Daily Bible Study (12:00 Noon)

**Sewing Class (2 – 3:30)**

Bingo (1:00- 3:00)

**SENIOR DRUMMIN' EXERCISES 1PM**

**CHAIR YOGA 11:00 – 11:45 (August)**

**Jewelry Class (12 –1:30)**

**ZUMBA 1:00**

#### **FRIDAY:**

Seniorcise Aerobics (9:15– 10:15 am) \$1/class

Line Dancing (10:15) FREE

Table Games (1:00)

Bridge Club (12:30 – 4:00 PM)

Book Club 4<sup>th</sup> Fridays (12:30 – 1:30)

#### **SATURDAY:**

Bridge Club (12:30 – 4:00 PM)

1<sup>ST</sup> and 3<sup>RD</sup> Saturday

**DOMINOES—MONDAY thru FRIDAY 1:00---5:00**

### **SPECIAL EVENTS:**

#### **MEDICARE COUNSELING & INFORMATION INDEPENDENCE DAY PARTY**

Thursday, July 18, 2013 (9:30 – 11:30)      Tuesday, JULY 2, 2013 11:30 – 2:30

Thursday, August 1<sup>st</sup> & 15<sup>th</sup>, 2013 (9:30 – 11:30)

#### **WATERMELON FEST and BINGO BASH MINORITY HEALTH FAIR**

**Tuesday, July 9, 2013 11:00am**

**Saturday, August 17, 2013 (9:00 – 2:00)**

#### **AARP DRIVING CLASS Contact: Pat Bailey 544-1509**

**August 20<sup>th</sup> & 22<sup>nd</sup>, 2013 (9am – 1pm)**

#### **TRIPS**

**THURSDAY, JULY 25, 2013 KENNESAW, GA \$25.00**

**OCTOBER 10-16, 2013 NEW YORK \$775.00**

**OCTOBER 24-30, 2013 NEW YORK \$775.00**

**NEW ORLEANS, APRIL 28 – MAY 2, 2014 \$475.00**

**\*\*Classes are subject to change without prior notice.**

**\*Clarence Williams, Director, williams\_cl@chattanooga.gov**

